



In a moving vehicle, by rhythmically swaying, experience. Or in a still vehicle, by letting yourself swing in slowing invisible circles

—Vigyan Bhairav Tantra

You are travelling in a train or in a bullock cart; when this technique was developed, there was only the bullock cart. You are moving in a bullock cart on an Indian road; even today the road is the same. But when you are moving, your whole body is moving. Then it is useless.

Sway rhythmically. Try to understand; this is very minute. Whenever you are in a bullock cart or in any vehicle, you are resisting. The bullock cart sways to the left, but you resist it. You sway to the right in order to balance; otherwise you will fall down. So you are constantly resisting. Sitting in a bullock cart, you are fighting its movements. It moves to this side, and you have to move to that.

That is why when sitting in a train you become tired. You have not been doing anything. Why do you become so tired? You have been doing much unknowingly. You were fighting the train continuously; there was resistance.

Do not resist: This is the first thing. If you want to do this technique,

do not resist. Rather, move with the movements, sway with the movements. Become part of the bullock cart, do not resist it. Whatsoever the bullock cart is doing on the road, become part of it. That is why children are never tired of journeying.

Create a rhythm: Make it a beautiful harmony. Forget about the road; do not curse the road and the government — forget them. Do not curse the bullock and the bullock cart, or the

driver — forget them. Close your eyes, do not resist. Move rhythmically and create a music in your movement. Make it as if it is a dance.

In a still vehicle, swing in circles: Or in a still vehicle, by letting yourself swing in slowing invisible circles. Just sitting here, swing in a circle. First take a big circle, then go on slowing it... slowing, slowing, making it smaller and smaller and smaller, until your body is not visibly moving, but

inside you feel a subtle movement.

Visibly you will stop; no one will be able to detect that you are still moving. But inside you will feel a subtle movement. Now the body is not moving, only the mind.

Go on making it slower and slower, and experience. That will become a centreing. In a vehicle, in a moving vehicle, a nonresisting rhythmical movement will create a centreing within you.

BON VOYAGE

Here are some useful tips from **OSHO** for travel enthusiasts



Bogged down by thoughts?

Now physiologists agree that if you work with the hands, the same energy moves from the head. The energy is the same. Your right hand is joined with your left brain, your left hand is joined with your right brain. Try this: whenever you feel that there is too much thinking, and you cannot stop it, rub both your hands fast, make them hot by rubbing, and suddenly you will feel the head has stopped, the energy is moving in the hands.

People who cannot sleep — this is the



best medicine for them yet known, better than any tranquiliser. Just close your eyes and rub your hands, and feel them getting warmer and warmer and warmer — and through rubbing they will get warmer — and you put into your imagination also that they are getting warmer. When the hands are warm, the head becomes cool. These are the two polarities.

Hands should be warm, and the head should be cool. But when there is too much thinking, the head will be warm and the hands will be cool. That is unhealthy. You are going towards madness. A moment will come when the head starts functioning on its own, unconnected with the whole body. That is what madness means: a part has become autonomous, a part has become dictatorial.

Doing something with the hands is always beautiful. It brings your head energy down into the body.

Emphasis on exhaling: Whenever you feel tired, say, "AH" ... throw the breath. And make it a point to emphasise exhaling. You will be a different man, and a dif-

ferent mind will evolve. With the emphasis on breathing in, you have developed a miserly mind and a miserly body. With exhaling, that miserliness will disappear and with it many problems. Possessiveness will disappear.

Observe your own breathing and your moods, and you will become aware. Whatsoever is wrong is always associated with the incoming breath and whatsoever is good, virtuous, beautiful, is always associated with exhaling. Whenever you are speaking a lie, you will hold your breath in. Whenever you speak the truth, you never hold the breath.

The value of sitting silently: Just sit silently and you will see: you are growing a new quality to your being; you are becoming more collected, more centred, more fulfilled. Your face will change, your eyes will change, you will have a serenity around you. Even others will start feeling your serenity. Even they will start feeling that something has happened to you — because wherever you move you will bring a certain cool breeze with you. And the situations will remain the same. Abridged from Osho books, Osho Times International/ Courtesy Osho International Foundation/ www.osho.com ■